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## [CHECK OUT OUR DELICIOUS AND NUTRITIOUS MENU](#)

Be sure to come into the club try our delicious  
**Red Velvet** Shake of the Month!



**Our Mission is Nutrition!**

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[Click to see hours of operation & upcoming club events](#)

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- **Special Announcement:** **OneTeam 500 3-Day Trial Challenge** - We Need Your Help!

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## Success Story of the Month



24 Fit Nutrition Fuels Champions!

Congrats to Justin Rossi for his win at the 110 Mile Copperopolis Road Race, California

Its the The Paris-Roubaix of California !

Rossi is from team H24 MarcPro - Strava, a USA Cycling Domestic Elite Cycling Team.

*"Lap 5 started and I took my final bottle of Herbalife Prolong. I downed all my food and a full bottle of mix to stave off any late race cramping or bonking. We hit the climb and it was time to shake things out. I had the legs and knew it. This is a glorious moment that we all think about while training; we often refer to it as "form" in the cycling world. It's that feeling of invisibility, like you want to rip your own legs off, but they laugh off any attempt"*

Get with your coach to learn more about Herbalife 24 Prolong and all of our fitness products and how they can help you improve your performance!

**3-Day Trial System Opportunity Training**

May 27  
7:30PM  
@  
Midwest Nutrition

Our OneTeam 500 Challenge Action Team is forming Now!

**3 DAY TRIAL PACK**

SWAP IT FOR A SHAKE

HERBALIFE

Midwest Nutrition has announced the launch

of our *OneTeam 500* Challenge wherein we have taken on the challenge

to help 500 people get started on our 3-Day trial and get in the best shape of their life by Summer and we're looking for PT/FT help!

**This opportunity will not last long!**

We are hosting our 3-Day Trial Opportunity Information Session

**Wed, May 27, 2015 7:30pm**

**at Midwest Nutrition**

The opportunity is yours... come take a look at how you can take control of your financial future now and be part of this incredible movement! #3daytrialkc

Note: If you are not in the Kansas City Metro and would like to participate - reply to the coach who sent this to you and get details on how you can participate in your area!

**UPDATE:**

***Swimsuit Slimdown 2015 Weight Loss Challenge - Is halfway done and the results are astounding!!***

## **NEW FORMAT: Learn & Burn:**

The challenge includes nutritional training sessions, weekly lifestyle coaching change, product training, free group fitness workouts and more!



Congrats to everyone who is eagerly participating in and enjoying our 11 Week challenge - Each nutrition session is followed by a group fitness session - coaches are on hand for questions and counseling as well. Our next challenge will be starting in July - stay tuned to this newsletter! **Cash prizes!** Bring a friend and you each save \$5!

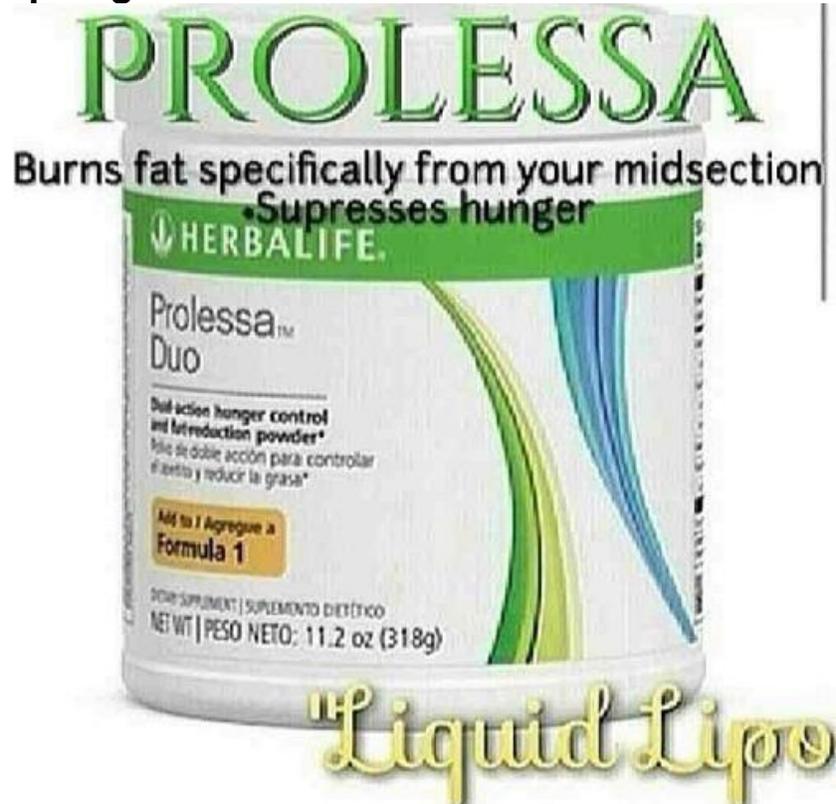
Get with the Coach who sent you this newsletter for more

information.

These nutrition and weight loss events are the talk of the town and we want YOU to be our next challenger!



## Product Spotlight - Prolessa Duo



A unique formula that helps to significantly reduce caloric intake, promotes body fat loss and creates a feeling. Stimulant-free and made with clinically-tested ingredients.



# Why Carbohydrates Are So Important For Athletes

Posted by Samantha Clayton, AFAA, ISSA



*Carbohydrates are the best fuel for the body's engine - more so than proteins or fats - and the right carbs, taken at the right time, are key to good athletic performance.*

Carbohydrates are the most important source of fuel in an athlete's diet. And yet, some athletes experiment with popular low-carbohydrate regimens, believing (mistakenly) that these diets will somehow "train" the body to burn more fat for fuel, or that carbohydrates interfere with the

body's ability to burn fat. But carbohydrates are a critically important energy source during exercise - and, in fact, the body cannot use fat for energy unless carbohydrate is present.

### Why Carbohydrates Are So Important for Athletes

Carbohydrates are the fuel that makes the body's engine run, and athletes need plenty of carbohydrates before, during and after exercise.

While fats can be (and are) used as a source of energy, the main function of the carbohydrates you eat is to supply energy to cells. This is particularly true for high-intensity exercise - the level at which most athletes train and compete.

The body generates energy from carbohydrates much more rapidly than it does from fat, and the brain and central nervous system rely exclusively on carbohydrate for fuel.

And, it's often said that "fats burn in a carbohydrate flame" in the body. What this means is that in order for fats to be broken down completely - which results in the release of energy - carbohydrate breakdown has to happen simultaneously.

This is because one of the products of carbohydrate metabolism is a substance called pyruvate. Pyruvate plays a critical role in the release of energy from fat. Without enough carbohydrate in the diet, pyruvate production drops - which impairs the release of energy from fat.

Eating enough carbohydrate is also important because it helps prevent the body from using protein for

energy. While your body can use protein to supply energy, the protein you eat supports many more important functions in the body - its primary role is to build body proteins such as muscle, bone, skin, hair, enzymes and hormones.

If you were to burn protein as an energy source, it would impact the body's ability to perform these more important functions.

## How Carbohydrates Fuel Activity

When you digest the carbs in the foods you eat, the end product enters your bloodstream in the form of glucose, or blood sugar, which is then transported to the cells to be used for energy.

Any glucose that is not used immediately can be converted into a storage form of carbohydrate - called glycogen - which gets stashed away in your liver and muscles where it can be tapped into during activity.

Working muscles require a steady source of fuel - which can come from both the bloodstream and from the glycogen that is stored away. But there's a limit to how much glycogen your body can store, and if activity lasts long enough, the glycogen stores can become depleted. That is why it's so important to fuel properly - and regularly.

## Athletes Need Carbohydrates Before, During and After Exercise

For the average person, a well-balanced diet will usually provide enough carbohydrate to fuel daily activity. But athletes who train hard know that they need to properly fuel up before starting out, and to keep the carbs coming in during activity and to refuel properly afterwards.

If your regular workouts are strenuous and longer than an hour or so, here are some tips to keep your performance at its peak:

**Before starting out, it's a good idea to 'top off the tank' with some low fat, high carb foods to help maintain blood sugar - particularly if you're one of those who exercises first thing in the morning.** The best choices are foods that are easy to digest like a smoothie, a carton of yogurt or a small bowl of hot or cold cereal. Low fat and low fiber foods are best, to avoid any stomach upset. (Foods with fat and fiber delay digestion time, so they're better eaten after exercising.)

**During activity, specially-formulated sports drinks can help keep your tank topped off.** In addition to providing much-needed fluid, sports drinks are designed to provide the amount of carbohydrate recommended during activity (30-60 grams an hour for the first few hours).

**Refueling after a workout is critical - most of the stored glycogen will have been used up.** Since your muscles are craving carbs, they'll take them up readily and store them away for the next bout of activity. Now is the time to load up on higher fiber carbs, since digestion time is no longer a concern. A dab of protein helps repair muscles, too, so ideal recovery foods include both protein and carbohydrate.

It's also important to refuel within about 30 minutes after exercise to maximize the effects of protein and carbohydrate on muscle recovery.

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## Announcing Monday Night Zoom Webinars!

Learn from Herbalife's most successful Distributors each Monday night from your armchair! Email the person who sent you this newsletter to get your personal invitation link



Success on the Move Zoom Training  
6:00 PT, 7:00 MT 8:00 CT, 9:00 ET  
Open to All Members and Guests

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Herbalife is proud to announce our partnership with the 2015 Special Olympics World Games, being held in Los Angeles this July!



Midwest Nutrition Newsletter

Visit our website, [Click here.](#)

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